



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVII, ISSUE 9

A newsletter for D.C. Seniors

September 2002

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

September is a very busy time around the city. Seniors, exercise your right to vote. Make sure you are a part of the democratic process. The primary election for the District of Columbia will be held on Tuesday, September 10.

Members of the Democratic, Republican and Statehood Green Parties can vote for several offices in the District.

On September 5 from 10 a.m. to 3 p.m., don't miss ELDERFEST — the city's premier outdoor festival for senior citizens — held at Freedom Plaza. We have planned great entertainment, excellent senior resources, arts and crafts, baked goods and foods for sale, and a chance to see local seniors perform. Don't miss it.

Also in the month of September, the Office on Aging will join other agencies in the Human Services Cluster to present the Multicultural Information Fair on Saturday, September 14 from 11 a.m. to 3 p.m. at the Marie Reed Learning Center, 2200 Champlain Street, N.W. in Adams Morgan. The event will provide all District residents with an opportunity to access many government services, receive information and obtain free health screenings.

This issue includes important information on senior programs and services, and much, much more.

Don't forget to use your power to vote in the Primary Election on September 10!

Join BODYWISE for a "Walk 'Round the World"



The BODYWISE senior fitness program is sponsoring a "Walk 'Round the World," starting from UDC's Dennard Plaza at 10 a.m., Saturday, September 28. Walk through the United States Department of State and International Chancery Center, comprised of 15 chanceries and embassies.

Participate in either a short walk, under a mile in length, or the full walk, about three miles. Each group of 10 to 15 walkers will be led by a volunteer docent. This 3rd annual walk is sponsored by the D.C. Office on Aging, the Commission on Aging, IONA Senior Services, D.C. Department of Health, D.C. Parks and Recreation and the University of the District of Columbia. Registration is \$15 and includes a T-shirt. This tax deductible fund-raiser will help to support and expand the BODYWISE senior fitness program. For more information, call 202-274-6697 or 202-274-6651.



FREEDOM PLAZA
AT 14TH & PENNSYLVANIA AVE., NW
WASHINGTON, DC 20001-4394

THURSDAY, SEPTEMBER 5, 2002
10:00AM-3:00PM

TAKE METRO TO METRO CENTER
(RED/BLUE/ORANGE LINES) AND FEDERAL
TRIANGLE (BLUE/ORANGE LINES) STATIONS OR
METROBUS ROUTES 30, 32, 33, 35 AND 36

ON WEEKENDS AND HOLIDAYS, PARK FREE AT
METRO-OPERATED LOTS. TO PLAN YOUR TRIP, VISIT
"THE RIDE GUIDE" AT WWW.METROOPENSDOORS.COM
OR CALL 202-637-7000 (TTY 202-638-3780)

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TAKE METROBUS AND METRORAIL TO ELDERFEST 2002!



FOR ADDITIONAL INFORMATION CALL: BOTTS & COMPANY EVENT MANAGEMENT 202-546-7001, EXT.3



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Absentee Voting for the Primary and General Elections

Registered voters who cannot make it to the polls on Election Day because of illness, physical disability or travel may vote by absentee ballot.

Only persons registered Democratic, Republican and D.C. Statehood Green Parties are eligible to vote their party's ballot in the primary on September 10. The winners of the primary will compete in the general election, which is November 5.

Voting will be cast for the parties in the following offices:

Delegate to the House of Representatives

Mayor of the District of Columbia

Chairman of the Council

At-Large Member of the Council

Wards 1, 2, 3, 5 & 6 Member of the Council

U.S. Senator and U.S. Representative

There are two ways for District voters to cast an absentee ballot before Election Day:

In-Person

You may vote in person at the Board of Election and Ethics Office starting 15 days before the election and ending the day before the election. The office is located at 441 Fourth Street, N.W., Suite 250 North.

For the September 10 primary, vote from August 26 through September 9 (Mondays – Saturdays from 8:30 a.m. to 4:45 p.m.). For the November 5 general elections, vote October 23 through November 4.

Cast an absentee ballot by mail

To be counted, the voted absentee ballot must be postmarked by Primary Day (September 10) or General Election Day (November 5) and must reach the Board of Elections no later than the 10th day after the election.

The deadline to request a primary ballot by mail is September 3. The deadline for the general election ballot is October 29.

For more information, call 202-727-2525.

West Nile Virus Prevention Tips

Residents and businesses are encouraged to reduce mosquito-breeding areas on their property. Open water can breed several species of mosquitoes.

Following these tips will help reduce the mosquito population and the associated disease risk in all District neighborhoods:

1. Dispose of cans, bottles and open plastic containers properly. Store items for recycling in covered containers.
2. Remove discarded tires. Drill drainage holes in tires used on playground equipment.
3. Businesses that store tires outside should cover them before each rain and uncover them promptly afterwards to prevent water from standing on the tarps.
4. Clean roof gutters and downspouts regularly. Eliminate standing water from flat roofs.
5. Turn over plastic wading pools, wheelbarrows, and canoes when not in use.
6. Cover waste containers with tight-fitting lids; never allow lids or cans to accumulate water.
7. Flush bird baths and potted plant trays twice each week.
8. Adjust tarps over grills, firewood piles, boats or swimming pools to eliminate small pockets of water from standing several days.
9. Re-grade low areas where water stands, and clean out debris in ditches to eliminate standing water in low spots.
10. Maintain swimming pools, clean and chlorinate them as needed, aerate garden ponds, and treat with "mosquito dunks" found at hardware stores.
11. Fix dripping water faucets outside, and eliminate puddles from air conditioners.
12. Store pet food and water bowls inside when not in use.

For more information about West Nile virus, contact 202-535-2323 or visit www.dchealth.dc.gov.

Mayor Anthony A. Williams and the District of Columbia Government

Present the

Multicultural Information Fair

"Strengthening Families . . . Securing Futures"

Government Services and Information Direct to You!

Information and Services:

Adoption and Foster Care
After School Programs
Child Abuse and Neglect
College Scholarships
Community Services
D.C. Healthy Families
Depression Screening
Energy Assistance
Food Assistance
Health Screenings
Immunization Records
Verification
Library Services
Prenatal Care
Recreation Services

Saturday, September 14
11 a.m. to 3 p.m.

Marie Reed Learning Center
2200 Champlain St., N.W.

Senior Citizen Activities

Children's Pavilion

Entertainment, Food, Fun

For more information, call 202-463-6211

Rain Date: September 21

Government of the District of Columbia, Anthony A. Williams, *Mayor*
Carolyn N. Graham, *Deputy Mayor*, Children, Youth, Families and Elders
Dr. Paul L. Vance, *Superintendent*, District of Columbia Public Schools

Host Agencies:

Child and Family Services Agency
D.C. Energy Office
D.C. Public Library
D.C. Public Schools
Department of Health
Department of Employment Services
Department of Human Services
Department of Mental Health
Department of Parks and Recreation
Office of Asian and Pacific Islander Affairs
Office of Human Rights
Office on Latino Affairs
Office on Aging

D.C. OFFICE ON AGING NEWSLETTER

An ESL student receives a graduation certificate from Ana Neris, Executive Director of EOFULA.

English as a Second Language and Citizenship Class Graduates

Hispanic seniors in the District recently graduated from EOFULA's classes in English as a Second Language and Citizenship. EOFULA is the oldest Hispanic organization in the area, and recently celebrated 38 years serving the community's elder residents.

"This was a very special occasion to these seniors, who for a great majority, never had a graduation before," said Ana Neris, executive director of EOFULA. She added, "The fact that the program is co-sponsored by the University of the District of Columbia's Institute of Gerontology served as motivation for these participants who see the opportunity as a great success in this country."

The graduates will be able to use their new language during their daily activities. They will also be able to take the citizenship test in English and become U.S. citizens.

Funding was made available through the D.C. Office of Latino Affairs. For their commitment and contribution of time and resources to the program, the director of the Office of Latino Affairs, Rosario Gutierrez, was presented with a plaque. Other plaque recipients included: Mayor Anthony A. Williams, UDC Professor Dr. Robert Brown, and Dr. Clavin Fields, director of the Institute of Gerontology.

Program Participants:

Rosa Alvarado, Matilde Armas, Rafael Aviles, Alfredo Batres, Maria Beltran, Javega Blasa, Alba Bogran, Teresa Briceno, Guillermina Camacho, Josefina Campos, Ines Campusano, Cesar Carrasco, Anabella Catalan, Juana Colindres, Juio Cruz, Elia Davila, Agustina Delgado, Gloria Diaz, Arsenia Gonzales, Cristobal Gonzalez, Andrea Hernandez, Beatriz Leguizamon, Ramon Manzano, Domitila Martinez, Joaquina McKinney, Ines Munoz, Rosa Navarete, Isabel Obando, Gloria Pagan, Cristina Pelaez, Ernestina Pena, Genaro Portillo, Maria Ramirez, Raquel Reyes, Manuel Rivera, Betty Tan, Teodolina Varona, Sixta Zegarra

EOFULA is the Spanish senior center serving elders in the D.C. Office on Aging Senior Service Network. The center is located at 1844 Columbia Road, N.W. For more information on programs and services provided by EOFULA, call 202-483-5800.

SPOTLIGHT ON AGING

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Helping Caregivers of Seniors who have Mental Illness

On September 20, the D.C. Office on Aging and the University of the District of Columbia's Institute of Gerontology are sponsoring a free caregivers conference for those who care for seniors with mental illness. This Twelfth Annual Caregivers Conference will be held at the University of D.C., located at 4200 Connecticut Avenue, N.W., Building 41, Room A-03 from 9 a.m. to 3 p.m.

The conference is designed to provide those who are caring for elderly persons who have mental illness with information on how to identify and address their needs.

"We believe that mental illness is very common among elderly persons receiving care, and most caregivers do not easily recognize this condition," said Dr. Clavin Fields, director of the UDC Institute of Gerontology. "For example, I believe that in a recent case, in which an elderly man killed two members of his family, [the man] was mentally ill, but his family members did not recognize it."

This conference will help caregivers, seniors and relatives of older people recognize the symptoms of mental illness and help them gain access to the best mental health services. Many find the present system difficult to navigate.

It is estimated that 18 to 25 percent of Americans over 60 are in need of mental healthcare for depres-

sion, anxiety, psychosomatic disorders, adjustment to aging, and schizophrenia. Moreover, the suicide rate of the elderly stands at an alarming 21 percent, the highest of all age groups in the U.S.

Yet, few seem to receive proper care and treatment for these mental illnesses, either because they resist treatment, the symptoms go unrecognized by those around them, or they are not able to find the proper healthcare services.

Workshops will include "Recognizing the Symptoms," "Suicide Prevention in Older Adults," "Advocacy and Navigating through the System" and "Medical Aspects of Mental Health, Including the Effects of Drug Interactions."

Two keynote speakers will give public and private perspectives on mental illness: Martha Knisley, director, D.C. Department of Mental Health, and Dr. Walter P. Bland from Howard University's Mental Health Clinic.

The conference is free to all D.C. residents. Lunch will be provided. Continuing education units are also available.

The afternoon workshops will be available in Spanish and Chinese. All caregivers, care receivers and mental healthcare professionals are welcome. For more information, call Paula Pettigrew, conference coordinator, at 202-274-6592 to register.

Utility Bills Too High? Are You Ready to Face Another Winter?

Come to the District of Columbia Energy Expo 2002

*Sponsored by the D.C. Office of the People's Counsel
A Consumer Workshop and Demonstration*

**Saturday, September 7 • 10 a.m. to 1 p.m.
Washington Convention Center**

9th & G Streets N.W., near Metro Center
Hands-on demonstrations and group discussions on:

- * **How to Decrease Your Utility Bills**
- * **Making Your Home More Energy Efficient**
- * **Free Tips on Energy Efficient Appliances (e.g., Washer, Dryer, Water Heater), Lighting, Landscaping, Windows, Insulation and Much More**
- * **How to Save with a Programmable Thermostat**

Participants include:

U.S. Dept. of Energy, D.C. Water and Sewer Authority, Home Depot, D.C. Energy Office and many others.

Contact OPC Consumer Services Division at 202-727-3071 to register.

Community Calendar

September events

4th, 18th • 1:30 to 3 p.m.

The Alzheimer’s Association Caregiver Support Group at IONA meets on the first and third Wednesdays of each month at 4125 Albemarle St., N.W. All caregivers of individuals with any stage of Alzheimer’s disease are welcome to come and share their resources, experiences, concerns and fears. Contact Ruth Cherkotov at 301-585-3436 for additional information.

5th, 19th • 1 to 3 p.m.

IONA’s Reminiscence Group meets for a presentation and discussion on a variety of topics on the first and third Thursday of every month at 4125 Albemarle Street. Contact Sean Hall at 202-895-9462 or SHall@iona.org for additional information. Upcoming dates and topics include: September 5, Beginnings; September 19, Healing National Wounds; October 3, Rosie the Riveter.

6th, 9th, 10th, 12th, 16th and 27th • 11 a.m.

Learn to cope with stress. Participants will collectively decide on a list of the “Top Ten Stress Busters.” They will then discuss how to use these techniques and develop good coping skills. The center is located at 4323 Bowen Road, S.E. For further information, call 202-398-5948.

9th • 10:30 a.m. to noon

IONA’s Stroke Support Group meets the second Monday of each month. Please join us at 4125 Albemarle St., N.W. to share experiences with others coping with the long-term effects of stroke. Caregivers are welcome. Contact Christine Jackson, at 202-895-9455 or cjackson@iona.org for registration information.

11th and 25th • 2 to 3 p.m.

The Coping With Memory Loss group offers support to seniors with early dementia. Members talk about the emotional impact on themselves and their loved ones at the IONA Center, 4125 Albemarle St., N.W. Registration is required. Contact Judith Libert, at 202-895-9440 or jlibert@iona.org.

12th • 7 a.m. to 7 p.m.

Don’t miss an exciting trip to Strasburg, Pennsylvania to the Sight & Sound Theater with the Senior Citizens Counseling and Delivery Service center. See *Daniel*, a dramatic musical play, and then enjoy a lunch buffet at the Hershey Farm Restaurant. \$75 includes round trip transportation, lunch and admission to show. Departure from 2451 Good Hope Rd., S.E. Call: 202-678-2800 for more information.

14th • 10 a.m. to 4 p.m.

IONA Senior Services Volunteer Training. IONA has volunteer positions in all areas, including visiting seniors, working in its clubs and day health center, driving members to and from groups, clubs or doctor’s appointments, and more. Time commitments can be as little as one hour a week. The training will be held at 4125 Albemarle St., N.W. Call Alena Biagas, IONA Senior Services Volunteer Program Coordinator, at 202-895-9425 or e-mail ABiagas@iona.org.

19th • 1 p.m.

A workshop, “Recognizing The Signs of Depression,” will be hosted by Senior Citizens Counseling and Delivery Service. It will provide information about recognizing signs and causes of depression, along with treatment. This free event will be held at 2451 Good Hope Rd., S.E.

24th • 12:30 to 2 p.m.

IONA’s Support Group for Caregivers of Individuals with Early Stage Dementia will begin the first of three fall sessions. Join Cheryl Shreiner and Danny Wilson to share your concerns, achievements, and frustrations about caregiving. Registration is required. Contact Cheryl Shreiner at 202-985-9478 or cshreine@iona.org for more information.

25th • 10 a.m. to 2:30 p.m.

Social Security 2002 Town Hall Meeting at the Senior Citizens Counseling and Delivery Service center. Workshop will address updates on Social Security, Medicare Parts A and B and more. This free

event is held at 2451 Good Hope Rd., S.E. Please call to register, 202-678-2800.

October events

3rd • 10 to 11:30 a.m.

IONA’s Low Vision Support Group begins the first of four Thursday sessions. This group focuses on the emotional aspects of coping with vision loss. Registration is required. Facilitators are Elly Waters and Judith Libert, who can be reached at 202-895-9440 or jlibert@iona.org.

17th • 8 a.m. to 7 p.m.

Pennsylvania Dutch Tour with Senior Citizens Counseling and Delivery Service. Enjoy a tour of an Amish home, the Hayloft Candle Barn and farmlands. Cost is \$25. Departure from 2451 Good Hope Rd., S.E. To register, call 202-678-2800.

Ongoing

Fridays • 11 a.m. to noon

Parkinson’s Disease Support Group. Seniors with Parkinson’s disease meet at 4125 Albemarle Street in this on-going group to share the concerns, challenges, changes, and losses associated with this chronic illness. The group is sponsored by IONA and the Parkinson Foundation of the National Capital Area, and led by Leon Paparella, Parkinson Foundation of the National Capital Area, as well as Deborah Rubenstein. Registration is required. Contact Deborah Rubenstein at 202-895-0249 or drubenstein@iona.org to register.

Thursdays • 10:30 a.m. to noon

IONA Caregiver Support Group. An ongoing discussion open to all individuals providing primary care to a loved one suffering from chronic illness. Individuals are encouraged to share frustrations and successes concerning care for the physically and mentally frail with a range of difficulties. Contact Betsy Mathiasen, 301-299-9022 or Margaret Johannsen, 202-332-9585, for further details.

Annual Southwestern Hoe Down

Barney Neighborhood House Senior Program held its project-wide, annual Southwestern Hoe Down and the 30th Anniversary Celebration of the Nutrition Program on July 18. The Hoe

Down attracted many seniors. In the corral were Councilmembers Adrian Fenty and Jim Graham. The seniors kicked up their heels square dancing and sang cowboy songs.

The seniors that have participated in the program the longest include:

Nutrition/ Senior Center	Participant	# of Years
Barney Senior Program	Ruth Hill	17 years
Columbia Heights	Mary Morrison	22 years
Ft. Stevens	Ophelia Watts	19 years
Harvard Towers	Emma Spies	30 years
Ledroit Park	Annie B. Gadsden	19 years
Kennedy Street	Margaret Alexander	18 years
Genevieve Johnson	Patricia Robinson	17 years
First Baptist Church	Ida Gilpin	20 years
Colony House	Curtura Gaines	7 years
EOFULA	Ernestine Acuna	24 years

Thank you for letting the Barney Neighborhood House Senior Program (sponsored by the D.C. Office on Aging) provide you with quality services and programs.
Happy Trails until next year!
For more information on the Barney Neighborhood House Senior Program, call 202-939-9020.

Searching for CENTENARIANS

If you know of a District of Columbia resident who is or will be 100 years of age or older by September 30, please contact Darlene Nowlin or Courtney Williams at the D.C. Office on Aging, 202-724-5622. We are preparing for the Sixteenth Annual Salute to District of Columbia centenarians and would like to honor all persons 100 years of age or older who reside in the District.